

Session One | Traditional Forms | 8:00 AM to 9:30 AM

This session will begin with the Strength and Conditioning drills we use in my training regime for Traditional Forms performance. Participants will gain insight into specific ways to help their performance stand out at their next testing or competition. Athletes must wear their traditional dobok. Master Anjali Vallury and Master Jharen Q. Haynes will lead this session.

Session Two | Combat Weapons Sparring | 9:45 AM to 11:15 AM

This session will begin with Agility, Offensive Striking Combinations, and Footwork drills. We'll wrap up with multiple rounds of continuous sparring ranging from thirty seconds to two minutes. Athletes must wear their casual training uniform and bring their complete tournament-approved Combat Weapons Safety Equipment. Senior Master Mark Beddow and Master Jharen Q. Haynes will lead this session.

Session Three | Point Sparring | 11:30 AM to 1:00 PM

This session will begin with Pad drills. We'll wrap up with multiple rounds of continuous sparring ranging from thirty seconds to two minutes. Athletes must wear their casual training uniform and bring their complete tournament-approved Safety Equipment. Senior Master Mark Beddow and Master Jharen Q. Haynes will lead this session.

**REGISTER
NOW!**



This training is limited to 40 athletes per session.

Please receive permission from your instructor before registering for this training.

